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# A STUDY OF THE GENERAL TEACHING COMPETENCY AND MENTAL HEALTH OF SECONDARY SCHOOL TEACHERS FROM URDU MEDIUM SCHOOLS

Mrs. Siddiqui Farhin Mominodine

Ph.D. Research Scholar

## INTRODUCTION

"A teacher can never truly teach unless he is still learning himself. A lamp can never light another lamp unless it continues to burn its own flame. The teacher who has come to the end of his subject who has no living traffic with his knowledge, but merely repeats his lessons to his students can only load their minds. He can't quicken them."

"Teaching is a complex and many-sided demanding a variety of human traits and abilities."

These may be grouped in two major categories. First those who involving the teacher's mental ability and educational principles and his knowledge of general and specific subject matter to be taught and second those qualities stemming from the teacher's personality, his interest, his attitudes and beliefs, his behaviour in working relationships with pupils and other individuals teaching competencies. His personality has vital influence on the pupil's learning, manner and behaviour and above all this character and personality. The teacher is regarded as a gardener whose function is to tend the little human plants in his charge carefully and help them to grow to beauty and perfection.

The human plants can grow unaided according to the laws of its own nature yet the gardener is to see that the plants attain it finest results. A teacher transfers knowledge as well as the changes to the following generation in a positive sense. It is expected the teacher will teach guide evaluate and demonstrate their capacity to develop themselves to participate in modernizing the school and to make it receptive to change.

A teacher mental health plays an important role in the teaching learning process. A mentally healthy and well-adjusted teacher plays a vital role in promoting the mental health of school children. If the teacher's mental health is improper he or she can misguides breed discontentment and dissatisfaction amongst his or her pupils and do incalculable harm to the nation and to the students. In ancient India when education was confined to privileged communities teaching was interested to great scholars and involved no problem with the passage of time, education brooked the barriers of cast and community and reached to the masses, this new movement of mass education is fraught with certain problems for teachers.

Teaching is an interactive process involving four aspects teacher, students, learning and situation. The teacher has selected the problem to have a glance at the mental health and general teaching competency of teachers and to find out whether the teaching competency is affected by mental health.

### Need of Research Problem

In the nineteenth century the holistic prospective of universal education was a dream. In the twentieth century it was a promise and it becomes a challenge for realization in the twenty first century. This challenge can be achieved if we develop the capacities of the teachers to retain the children in schools and give education a dependent upon the capacity of its teachers. The competencies, capacities, building of teacher is very challenging task. Specially for improving the quality of education in the schools of the poor. I find that some of our teachers do not know how to handle the issue of pedagogy. How the handle to manage institutional pluralism, how to change coordination and how to foster communication.

Mental well-being is an essential component in the health of all individuals. Mental health refers to full and harmonious functioning of our total capacity as well as to our bio socio psychological and spiritual well-being. It has positive aspects like originality, satisfaction, hope, creativity, happiness, self-actualization etc. education is very necessary for the development of the family, society and nation.

Hence education is called as strength of nation but this education should be imparted in proper way. The proper way of imparting education depends upon the general teaching competency and good mental health of teachers.

In this study researcher wants to through the light on mental health and competency are interdependent to each other. So, there is a need to develop a good mental health of the teacher to increase the competencies for the teacher. In this study researcher wants to show how mental health and competency is necessary for achieving the chief aim of education for example all round development and modification of behaviour of the child.

### Significance of Research Problems

In the past several efforts have been made at various levels to achieve the goal of universalization of secondary education. The quality of teaching has been affected. Since teachers have to teach students of multigrade classes, challenges teachers ability improvement in classroom interaction increasing of student's participation the task for teacher is not only challenging but demanding also. Education should be imparted according to child psychology. Education plays the role for the

fullest development of the children. For example, In present situation all educational systems or processes are working for the improvement of education and students but there is lacuna, for example today teacher is not well adjusted person. She or he does not know that accountability towards society because of various reasons like (1) family background of teachers (2) Emotional instability (3) their attitude, aptitude and interest. The present research will be significant in evaluating the relationship between mental health and general competency.

**Statement of the Problem**

A study of the general teaching Competency and mental health of secondary school teachers from Urdu medium schools.

**Operational Definition**

1. **Study:** Time and efforts spend in reading etc to gain knowledge from books or by examining things. Here study means an investigation of the problem at hand.
2. **Teaching:** The art of giving instruction is termed as teaching.
3. **Competency:** Competency means capability or capacity
4. **Teaching competency:** Teaching competency means capability or capacity to impart instructions effectively.
5. **Mental Health:** Mental health is defined as the ability to adjust satisfactorily to the various strains of environments we meet in life.
6. **Secondary School Teachers:** Teachers teaching at secondary school levels are called as secondary teachers.
7. **Urdu medium schools:** Schools in which the medium of instruction is Urdu language.

**Objectives**

1. To study the general teaching competency of secondary school teachers of Urdu medium schools.
2. To study the mental health of secondary school teachers of Urdu medium schools.
3. To compare the general teaching competency of male and female teachers.
4. To compare the mental health of male and female teachers.

**Hypotheses**

1. The general teaching competency of secondary school teachers is high.
2. The mental health of secondary teachers is good.

**Variable**

1. General teaching competency, mental health
2. Secondary school teachers, Urdu medium schools.

**Scope of Research Problem**

1. **Area:** The present research is concerned with Aurangabad District.
2. **Content:** The present research is concerned with the general teaching competency and mental health of secondary school teachers.
3. **Unit:** The present research is concerned with secondary school teachers of Urdu medium schools.

**Limitations**

1. **Area:** The study is limited to District.
2. **Content:** The research is limited to study of general teaching competency and mental health.
3. **Unit:** Secondary school teachers are taken as a unit for the study.
4. **Time:** The study is limited to the year 2017-2018.

**Major Findings**

1. The General Teaching Competency of secondary school teachers is high.
2. The mental health of secondary school teachers is Average.
3. There is no significant difference in the General Teaching Competency of male and female teachers.
4. There is no significant difference between mental health of male and female teachers.

**Testing of Hypotheses**

The following conclusion can be draw after analysing and interpreting.

**Hypothesis ( H1)**

"The teaching competency of Urdu medium secondary school teachers is high." The calculated mean score of secondary school teachers for General Teaching Competency is 127.79 which lies between the 105- 147. It shows that the General Teaching Competency of secondary school teachers of Urdu medium is high.

**Hypothesis (H2)**

"The mental health of Urdu medium secondary school teachers is Very Good." The obtained score is 18.37 which when compared with the standard table indicates that the mental health of Urdu medium teachers is Average.

**Hypothesis (H3)**

"There is no significant difference between General Teaching Competency of male and female teachers of Urdu medium secondary school teachers. He calculated mean score and S.D. of male teachers is 117.5 and 17.475 respectively. The collected mean score and S.D. of female teachers is 133 and 8.275 respectively. The calculated C.R. value i.e. 1.80 which is less than table value 1.97 at 0.05 level of significance. Hence the null hypotheses is supported.

**Hypotheses (H4)**

"There is no significant difference between mental health of male and female teachers of Urdu medium secondary teachers. The null hypotheses is accepted because the obtained critical value is 1.02 which is less than the table value of 1.97 so it is concluded that at 0.05 level of confidence the difference between mean is insignificant, hence hypothesis is retained.

**Suggestions**

Keeping in view the findings and conclusion of the study it is clear those secondary school teachers General Teaching Competency.

**Suggestions of Government**

- A healthy body is the most essential element in determining the mental health. Government should give on attention on this aspect.
- Government should provide proper facilities to teachers so that sense of security may be developed.
- We know that "school is the miniature of the society" teacher give facilities to he needs, interest, abilities and aptitudes ten he gives better and healthy education.
- State Government should establish good school where the teachers teaching have proper.

**Suggestion to improve teaching competency**

1. Teachers should have a profound knowledge of his subjects.
2. They should try to overcome their weakness and enhance their strength.
3. Teachers should read more and more generals magazine, related educations.
4. Teachers should try to incorporate innovative methods of teaching.

**Suggestions to improve mental health**

1. Government should take steps to improve social condition of the teacher.
2. Co-curricular activities should be organized for the teachers.
3. Job security should be provided to the teachers.
4. Teachers should be provided incentives.

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